

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p style="text-align: center; font-size: 2em;">CLOSED</p> <p style="text-align: center;">Labor Day</p>	<p style="text-align: right;">3</p> <p>Quilting Bees 9am Bible Study 9am Journey to Wellbeing & Wholeness 1:30pm (Ray Branch) Arthritis Class 10am Trivia w/Sharlynn Senior Songfest Noon Bunco 1pm (Fall Leaves) (Don't forget your item for Rescue Dog!)</p>	<p style="text-align: right;">4</p> <p style="text-align: center; font-size: 2em;">CLOSED</p> <p style="text-align: center;"><i>Staff meeting 1pm</i></p> <p style="text-align: center;">Veterans' Café @ 11am</p> <p style="text-align: center;">On October 2nd, Veterans' Café will be a picnic at Cove Ridge 11am</p> <p style="text-align: center;">*Boat rides will be available</p>	<p style="text-align: right;">5</p> <p>Arthritis Class 10am Cardmaking/Adult Coloring 10am Tabletop Games *Improv Club Picnic at Cunningham Park @ 11:30am</p>	<p style="text-align: right;">6</p> <p>Chair Zumba 9:15-9:45am Silver Sneakers 10am Tabletop Games Writing Club 1:30pm Sponsored by Nela Pleasant for Mavor</p> <p style="text-align: center;">First Home JCHS Wear Maroon & White! Ball Game Johnson City Walmart, Logan's Steakhouse, and Goodwill Trip \$5</p>
<p>Chair Yoga 9:15-9:45am 9 Silver Sneakers 10am Chicks w/Sticks 10am Bridge Club Kindness Crew Noon</p> <p style="text-align: center;">Niagara Falls Meet & Greet 6pm</p>	<p style="text-align: right;">10</p> <p>Quilting Bees 9am Bible Study 9am Journey to Wellbeing & Wholeness 1:30pm (Steven Spencer) Arthritis Class 10am Trivia w/Sharlynn Senior Songfest Noon</p> <p style="text-align: center;">World Suicide Prevention Day</p>	<p>Chair Yoga 9:15-9:45am 11 Silver Sneakers 10am Senior Jam 11am Adult Coloring & activities TEAMS w/Tammy Noon</p> <p style="text-align: center;">Board Meeting @ 12:30pm</p> <p style="text-align: center;">Remembering 9/11</p>	<p style="text-align: right;">12</p> <p>Arthritis Class 10am Cardmaking/Adult Coloring 10am Tabletop Games Art Circle w/Cristy 12:30pm</p> <p style="text-align: center;"><i>Book Buddies Program: Prescheduled & time assigned</i></p> <p style="text-align: center;">Newcomers Club 6pm National Day of Encouragement</p>	<p>Chair Zumba 9:15-9:45am 13 Silver Sneakers 10am Tabletop Games Writing Club 1:30pm</p> <p style="text-align: center;">National Hispanic Loteria! Heritage Day! BINGO</p> <p style="text-align: center;">National Chocolate Day</p>
<p>Chair Yoga 9:15-9:45am 16 Silver Sneakers 10am Chicks w/Sticks 10am Bridge Club Kindness Crew Noon Line Dancing 1pm</p> <p style="text-align: center;">Front Porch Expansion Construction Begins!</p>	<p style="text-align: right;">17</p> <p>Quilting Bees 9am Bible Study 9am Journey to Wellbeing & Wholeness 1:30pm (Rick Thompson) Arthritis Class 10am Trivia w/Sharlynn Senior Songfest Noon Bunco 1pm (50s Fun Theme) (Don't forget your item for Rescue Dog!)</p> <p style="text-align: center;">Constitution Day</p>	<p>Chair Yoga 9:15-9:45am 18 Silver Sneakers 10am Senior Jam 11am Adult Coloring & Activities Alzheimer's Group Meeting 2:30pm</p> <p style="text-align: center;">Trip to the new Arts Center & ice cream at the Waffle Bowl 12:30pm (Free transportation)</p>	<p style="text-align: right;">19</p> <p>Arthritis Class 10am Cardmaking/Adult Coloring 10am Tabletop Games *Improv Club Picnic at Cunningham Park @ 11:30am</p>	<p style="text-align: right;">20</p> <p style="text-align: center; font-size: 2em;">CLOSED</p> <p style="text-align: center;">The Golden Mile @ Ralph Stout Park 10:30am-12:30pm</p>
<p style="text-align: right;">23</p> <p style="text-align: center; font-size: 2em;">CLOSED</p> <p style="text-align: center;">Election Make-Up Day</p>	<p style="text-align: right;">24</p> <p>Quilting Bees 9am Bible Study 9am Journey to Wellbeing & Wholeness 1:30pm (Tyler Fenner) Arthritis Class 10am Trivia w/Sharlynn Senior Songfest Noon</p>	<p style="text-align: right;">25</p> <p>Silver Sneakers 10am Senior Jam 11am Adult Coloring & Activities</p> <p style="text-align: center;">Niagara Falls Trip 22nd - 28th</p> <p style="text-align: center;">BINGO w/Gentiva</p>	<p style="text-align: right;">26</p> <p>Arthritis Class 10am Cardmaking/Adult Coloring 10am Tabletop Games</p> <p style="text-align: center;">Loveable Ladies West Jefferson Trip: Ashe County Cheese & Ben Long Frescoes FREE</p>	<p style="text-align: right;">27</p> <p>Silver Sneakers 10am Tabletop Games Writing Club 1:30pm</p> <p style="text-align: center;">Front Porch Pickers @ 11am</p>
<p>Chair Yoga 9:15-9:45am 30 Silver Sneakers 10am Chicks w/Sticks 10am Bridge Club Cards w/Lynda 11am Kindness Crew Noon Book Club Noon Line Dancing 1pm</p>	<p style="font-size: 3em; color: #a52a2a;"><i>National Senior Center Month</i></p>			<p style="text-align: center;">Reminder: The exercise room and Billiards tables are available Monday through Friday 9am-4pm.</p>